



brown rice and fish for the rest of my life. i guess there are worse fates....



Chaz


 **cvillette**

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MOOD: 🤔 determined

MUSIC: They Might Be Giants - Dead

So there's there's a neat article in the latest *SciAm Mind* about how the brain metabolizes energy, which talks about dietary support for higher cognitive functioning. It's relevant to those of us with, er, overclocked metabolisms. Unfortunately, it's subscription-only, but I don't think that will slow you down, eh,  [Ometotchtli \(https://Ometotchtli.livejournal.com/\)](https://Ometotchtli.livejournal.com/)?

I need to eat more fish. And start taking iron and B-vitamin supplements-- apparently iron helps oxygen uptake in the brain, which improves function. Other than that, apparently I am doing the right thing with the constant eating and the complex carbs.

Mm. Cod liver oil. Mmm, fish burps.

Yes, even in capsules.

Hey, maybe I *can* skip the trip to Johns Hopkins, after all. I mean, what's the guy gonna tell me--keep doing what you're doing, and make sure your affairs are in order by age 45? Yeah, about.

Ladies and gentlemen, hacking my metabolism at home!

So, dinner tonight is going to be oatmeal. But the tuna sandwiches were good anyway. (<https://www.livejournal.com/away?to=http%3A/www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D24>)

And the broccoli and cauliflower really needed something on them. A little cheese in the microwave, mm.

Tomorrow I get mac and cheese, though.

ETA: I give up. I'll eat more tomorrow. I think I am going to gag if I try to choke down another bite of oatmeal.



[locked] Dream Journal

All right, unconscious mind. We're

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It


coming to an accommodation. If the dreams are you cleaning house, putting

was... it was an emotional decision, and I didn't handle it well. So yeah, I'm sorry.

Poppets. Puppets. Poppet puppets.
Scary.

2 comments




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[October 24 2007, 22:34:30 UTC](#) [COLLAPSE](#)

You could make up some of the difference with trail mix... But no gagging. Gagging bad.



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too much fat and especially protein in trail mix. I'm *way* over.